

PlantPure Nation Recipes

New Fourth of July Barbecue

A fun way to help ourselves and our friends and family consider making dietary changes is hosting a plant-based Fourth of July get-together. Kim's recipes for a smoky "barbecue" sandwich, creamy potato salad and a zesty, colorful bean dish celebrate traditional picnic foods with a twist. They're also perfect for potluck-style entertaining.

"We have often branded this idea of plant-based nutrition as such and such a 'diet', and then built these brands around personalities. But in order to make this a more mainstream idea, we need to frame it differently. This concept of plant-based nutrition is a fact of nature; a simple idea that's accessible to all," says Nelson.

In a 2012 Gallup poll, just 5 percent of U.S. adults identified themselves as vegetarians, plus 2 percent as vegans. It's a start, Nelson contends, and there are other promising signs. "The local-food movement is blossoming, with farmers' markets springing up all over the United States," proclaims the *National Geographic* special publication *The Future of Food* ([Food.NationalGeographic.com](http://NationalGeographic.com)). The number has increased dramatically in the past five years. The editors point to the demand for fresh produce and a desire to invest in local economies as driving this growth.

"I love the idea of a movement involving millions of people fixing a problem that industry and government have largely caused," says Nelson. "Our success may show a new way forward for solving other pressing social problems."

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.

BBQ Jackfruit

Yields: 4 to 6 servings
Prep time: 5 minutes
Cook time: 5 to 7 hours

Green jackfruit, a native plant of Asia, is often termed the vegetarian's meat. The hardest part of this recipe is finding canned green jackfruit (available in most Asian markets). Although fresh green jackfruit is occasionally available, it's messy, sticky and difficult to cut.

Two 20-oz cans green jackfruit in water, drained
1½ cups barbecue sauce
1 onion, diced
1 green bell pepper, seeded and diced (medium pieces)

Rinse the green jackfruit thoroughly.

Place all the ingredients in a slow cooker at medium heat for 4 to 5 hours. Jackfruit will soften, begin to fall apart and take on the consistency of pulled pork. Use a fork to pull apart the fruit and stir thoroughly.

Turn the slow cooker to low heat and cook for another 1 to 2 hours.

Kim's hints:

- ✓ Customize this recipe with a favorite barbecue sauce that has no added oils and a low sodium content.
- ✓ This recipe gets better the longer it's cooked. Leftovers are good.
- ✓ Serve the barbecue on a whole-grain bun and top with coleslaw.

Creamy Potato Salad

Yields: 6 servings
Prep time: 20 minutes
Cook time: 15 minutes

This traditional potato salad has the perfect blend of celery, onions and seasonings.

2½ pounds red potatoes, unpeeled
4 organic celery stalks, thinly sliced
½ red onion, cut in half again and julienned

6 green onions, sliced
½ cup tofu cashew mayonnaise
4 tsp apple cider vinegar
2 Tbsp Dijon mustard
1 tsp agave nectar
½ tsp sea salt
¼ tsp freshly ground black pepper

Cut the potatoes into half- to one-inch chunks.

Place potato pieces in a large pot and cover with water. Bring to a boil over medium-high heat, and boil 5 to 10 minutes; then turn down the heat to medium and cook until tender.

Rinse the cooked potatoes in a colander with cold water until they are room temperature. Place the potatoes in a large mixing bowl.

Add the remaining ingredients to the potatoes and gently stir thoroughly.

Tofu-Cashew Mayonnaise

¼ cup raw cashews, soaked in water at least 2 to 3 hours, then dried
7 oz firm tofu
½ tsp sea salt
½ tsp tahini
4 tsp lemon juice
1½ tsp white vinegar
1 Tbsp Dijon mustard
2 Tbsp apple cider vinegar
2½ tsp agave nectar
2 Tbsp water
¼ tsp xanthan gum (in grocery baking aisle)

Place all ingredients in a high-powered blender. Blend until smooth and shiny. The key is to soak the cashews first.

Southwestern Bean Salad

Yields 4 to 6 servings
Prep time: 20 minutes

Seasoned for a Southwestern flavor, the beans, corn and avocado make this a satisfying salad everyone will like.

1 15-oz can pinto beans, drained and rinsed
1 15-oz can black beans, drained and rinsed
1 cup frozen corn, thawed
1 red bell pepper, seeded and medium diced
½ cup diced medium red onion
1 cup halved or quartered cherry tomatoes
1 avocado, pitted and diced
¼ cup red wine vinegar
¼ cup lime juice
1 Tbsp agave nectar
½ tsp sea salt
½ tsp ground cumin
½ tsp chili powder
2 tsp Sriracha hot sauce
¼ cup chopped fresh cilantro

Combine the beans and vegetables in a large bowl and feel free to add seasonal vegetables to taste.

Blend the vinegar, lime juice, agave, salt, cumin, chili powder and Sriracha in a small bowl. Add more chili powder and Sriracha for a spicier dish.

Drizzle over the beans and vegetables and toss to coat.

Refrigerate for an hour and then sprinkle with cilantro before serving.

Thai Tofu Wraps

Yields: 6 wraps

Prep time: 15 minutes

The tofu filling for these wraps is full of Thai flavors, with the perfect combination of peanuts, lime and cilantro.

1 14-oz block extra-firm tofu
¼ cup natural peanut butter (100 percent peanuts)
1 Tbsp low-sodium soy sauce
1½ Tbsp lime juice
¼ tsp garlic powder
2 tsp Sriracha hot sauce
⅓ cup small diced red bell pepper
¼ cup sliced green onion
¼ cup chopped fresh cilantro
6 whole-wheat tortilla wraps
2 cups sprouts

Drain the tofu and gently press between layers of paper towels to remove excess moisture.

In a bowl, combine the peanut butter, soy sauce, lime juice, garlic powder and Sriracha.

Add the tofu, bell pepper, green onion and cilantro and stir with a fork until well mixed and the tofu is crumbly.

Place a portion of the tofu mixture in the center of a whole-wheat tortilla wrap, top with sprouts or favorite veggies and roll up the tortilla.

Kim's hint:

✓ The Thai tofu filling can also be served in a sandwich (e.g., on toasted whole-wheat bread with fresh basil).

Caribbean Quinoa Bowl

Yields: 4 servings

Prep time: 15 minutes.

Cook time: 10 minutes

½ cup quinoa
1 cup water
4 cups chopped kale
1 cup canned black beans, rinsed and drained
1 tsp ground cumin
1 tsp chili powder
¼ tsp sea salt
¾ cup salsa (medium hot)
½ cup diced pineapple (fresh, canned or frozen)
¾ cup corn (fresh or frozen)
¾ cup diced avocado
¼ cup sliced green onions

Rinse the quinoa thoroughly, which can have a bitter taste otherwise.

Add the quinoa and the water to a pot, bring to a boil over medium-high heat, and then reduce to a simmer. Cover and cook until all liquid is absorbed. Transfer to a large mixing bowl.

Lightly steam the kale until bright green. Add to the bowl with quinoa.

Add the beans, cumin, chili powder, salt, salsa, pineapple and corn. Toss until the ingredients are well mixed.

Top with the avocado and green onions and serve immediately.

Source for all recipes: *The PlantPure Nation Cookbook*, by Kim Campbell.